

Licensed to SOSSA Championship Meet Hy-Tek's Meet Manager 20/05/2007 05:08 PM
 SOSSA - 24/05/2007
 Track & Field Championships
 Niagara Olympic Club
 Performance List

Event 1 Women 100 Meter Dash Midget Prelims

Name	Year Team	Seed
1 Emma Rounq	Ancaster Hig	12.95
2 Tamar Brereton	MacDonald, S	13.29
3 Dawn Elmers	Smithville D	13.43
4 Kadaija Blackwood	Westlane	13.63
5 Alana Attema	Beamsville D	13.64
6 Samantha Mersereau	Westmount	13.78
7 Holly Drohomyrecky	Westmount	13.80
8 Larissa Bruzzese	Notre Dame C	13.85
9 Victoria Smith	Myer, A.N.	13.93
10 Candis Petrina	Blessed Trin	13.94
11 Sina Woerthle	Churchill, S	13.99
12 Michele Riva	St. Francis	14.10
13 Natasha Auret	Westdale	14.25
14 Olenka Iwanicki	Centennial S	14.31
15 Michelle Hollingshead	Centennial S	14.32

Event 2 Men 100 Meter Dash Midget Prelims

Name	Year Team	Seed
1 James Gould	Highland SS	11.93
2 Mat Kit	Orchard Park	12.07
3 Alistair Moona	MacDonald, S	12.13
4 Zak Beales	Waterdown	12.18
5 Joel Forestell	Beamsville D	12.30
6 Grant Durfey	Orchard Park	12.34
7 Johnathon Taylor	West Park	12.49
8 Jake Cardwell	St. Paul HS	12.50
9 Steve Bokestyn	Heritage Chr	12.53
10 Jamie Cardamone	St. Paul HS	12.54
11 Jahmal Louns	Westlane	12.63
12 Brandon Broijer	Blessed Trin	12.65
13 Ryley Davoli	Notre Dame C	12.69
14 Dalton Rawcliffe	Hagersville	12.84
15 Greg Hoekstra	Smithville D	12.86

Event 3 Women 200 Meter Dash Midget

Name	Year Team	Seed
1 Emma Rounq	Ancaster Hig	26.58
2 Tamar Brereton	MacDonald, S	26.98
3 Dawn Elmers	Smithville D	27.23
4 Alana Attema	Beamsville D	27.84
5 Victoria Smith	Myer, A.N.	28.00
6 Alison Boyd	Governor Sim	28.18

7	Candis Petrina	Blessed Trin	28.23
8	Samantha Mersereau	Westmount	28.26
9	Lauren Brew	St. Catharin	28.31
10	Hailey Dang	Westlane	28.80
11	Julie DeJong	Hamilton Dis	28.92
12	Kelsey McDougall	Waterdown	28.99
13	Larissa Bruzzese	Notre Dame C	29.57
14	Caprice Aiello	St. Michael	30.67
15	Kierra Green	Lakeshore CH	31.30

Event 4 Men 200 Meter Dash Midget

	Name	Year Team	Seed
1	Jahmal Loungs	Westlane	23.90
2	Dalton Rawcliffe	Hagersville	24.00
3	Alistair Moona	MacDonald, S	24.00
4	James Gould	Highland SS	24.31
5	Matt Wojak	Holy Cross H	24.41
6	Zak Beales	Waterdown	24.73
7	Ryley Davoli	Notre Dame C	24.90
8	Mark DiDonato	West Park	25.27
9	Steve Boekestyn	Heritage Chr	25.56
10	Grant Durfey	Orchard Park	25.59
11	Miklos McMaster	St. Paul HS	25.60
12	Brandon Broijer	Blessed Trin	26.16
13	Greg Hoekstra	Smithville D	26.27
14	Henry Fothergill	Westmount	26.34
15	Assad Kaker	Westlane	26.72

Event 5 Women 400 Meter Dash Midget

Name	Year Team	Seed
1 Tamar Brereton	MacDonald, S	1:01.50
2 Michelle Hollingshead	Centennial S	1:03.90
3 Alison Boyd	Governor Sim	1:04.51
4 Carly McKeigan	St. Francis	1:05.92
5 Lindsey Jones	Jean Vanier	1:05.92
6 Chelsey Wilson	Grimsby Dss	1:06.26
7 Kelsey McDougall	Waterdown	1:06.30
8 Tessa Tritton	Notre Dame C	1:07.27
9 Paige Garvey	Crossley	1:08.25
10 Shayla Mordue	Highland SS	1:08.47
11 Carli Adams	Blessed Trin	1:08.76
12 Katelin Smith	Orchard Park	1:08.95
13 Bronte Fudge	Crossley	1:09.01
14 Heather Gaffney	Waterdown	1:09.20
15 Becky Bergsma	Laura Secord	1:15.28

Event 6 Men 400 Meter Dash Midget

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	Name	Year Team	Seed
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1	Alistair Moona	MacDonald, S	55.07
2	Matt Wojak	Holy Cross H	56.11
3	Johnathon Taylor	West Park	57.27

4	James Gould	Highland SS	57.73
5	Jesse Derwinsky	Crossley	57.80
6	Adam McMurtrie	Beamsville D	57.89
7	Jeff Behan	Westdale	58.22
8	Dayo Odutayo	St. Paul HS	58.58
9	Devin Jacobi	Heritage Chr	59.28
10	Dalton Rawcliffe	Hagersville	59.66
11	Anthony Delisio	Holy Cross H	1:00.62
12	Andrew Bomberry	Hagersville	1:01.13
13	Henry Fothergill	Westmount	1:01.13
14	Drew Hampel	Ridge-Cr HS	1:01.63
15	Corrigan Lief	Saltfleet DH	1:01.83

Event 7 Women 800 Meter Run Midget

Name	Year Team	Seed
1 Danielle Harding	Governor Sim	2:30.46
2 Lauren Bentham	Highland SS	2:34.16
3 Carise Thompson	Highland SS	2:35.32
4 Shelby Dunbar	West Park	2:38.51
5 Jessica Fickel	Fort Erie SS	2:39.96
6 Olivia Hunter	Notre Dame C	2:40.92
7 Carly McKeigan	St. Francis	2:41.43
8 Lindsey Jones	Jean Vanier	2:43.61
9 Sarah Rasmussen	Ancaster Hig	2:43.99
10 Jennifer Hall	Hill Park SS	2:44.68
11 Monique Stuiwe	Eden High Sc	2:46.91
12 Tessa Tritton	Notre Dame C	2:48.53
13 Meagan Obrien	Highland SS	2:50.02
14 Bronte Fudge	Crossley	2:54.19
15 Ellen Warkholdt	Laura Secord	3:11.92

Event 8 Men 800 Meter Run Midget

Name	Year Team	Seed
1 Connor Murphy	Churchill, S	2:17.19
2 Matt Wojak	Holy Cross H	2:18.00
3 Devin Jacobi	Heritage Chr	2:19.61
4 Kosta Krajisnik	Westlane	2:20.58
5 Jeremy Muizelaar	South Lincol	2:23.04
6 Dayo Odutayo	St. Paul HS	2:23.19
7 Adam Voorberg	Hamilton Dis	2:23.96
8 Colin Wierts	Beamsville D	2:24.34
9 Ben Wyman	Westdale	2:24.49
10 Ager Hasan	Sir Winston	2:25.79
11 Alexandre Lafontaine	Jean Vanier	2:26.56
12 Tommy Lariviere	Highland SS	2:27.41
13 Drew Hampel	Ridge-Cr HS	2:28.34
14 Scott Brochu	Centennial S	2:28.96
15 Dylan Calhoun	Highland SS	2:31.01

Event 9 Women 1500 Meter Run Midget

Name	Year Team	Seed
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1	Danielle Harding	Governor Sim	5:08.87
2	Deanna Brasz	Heritage Chr	5:13.79
3	Carise Thompson	Highland SS	5:15.59
4	Lauren Bentham	Highland SS	5:17.93
5	Colleen Wilson	Ancaster Hig	5:21.33
6	Julie Hambleton	Grimsby Dss	5:29.61
7	Anna Peterson	Highland SS	5:35.26
8	Jessica Fickel	Fort Erie SS	5:35.73
9	Adriana Cappelletti	Churchill, S	5:35.80
10	Sarah Rasmussen	Ancaster Hig	5:37.53
11	Kristen Johnson	Crossley	5:37.91
12	Becky Bergsma	Laura Secord	5:39.26
13	Olivia Hunter	Notre Dame C	5:40.17
14	Kelsey Dickson	Lakeshore CH	5:46.23
15	Jocelyn Minor	Dunnville SS	6:22.08

Event 10 Men 1500 Meter Run Midget

Name	Year Team	Seed
1	Thomas McRae	St. Paul HS
2	Kosta Krajisnik	Westlane
3	Jesse Derwinsky	Crossley
4	Connor Murphy	Churchill, S
5	Satar Wahidi	Orchard Park
6	Ager Hasan	Sir Winston
7	Adam Voorberg	Hamilton Dis
8	Kyle Varley	Westlane
9	Dylan Calhoun	Highland SS
10	Scott Brochu	Centennial S
11	Daniel Hellendy	Westmount
12	Colin Wierst	Beamsville D
13	Jeremy Muizelaar	South Lincol
14	Broghan Park	Grimsby Dss
15	Josh Romano	Denis Morris

Event 11 Women 3000 Meter Run Midget

Name	Year Team	Seed
1	Deanna Brasz	Heritage Chr
2	Colleen Wilson	Ancaster Hig
3	Julie Hambleton	Grimsby Dss
4	Adriana Cappelletti	Churchill, S
5	Brittany Hambleton	Grimsby Dss
6	Anna Peterson	Highland SS
7	Monique Stuiwe	Eden High Sc
8	Jessica Passant	Highland SS
9	Sarah Rasmussen	Ancaster Hig
10	Meghan Miholics	Delta Ss- Ha

Event 12 Men 3000 Meter Run Midget

Name	Year Team	Seed
1	Connor Murphy	Churchill, S
2	Daniel Hellendy	Westmount

3	Joseph LaSelva	St. Francis	10:56.14
4	Duke Lloyd	Highland SS	11:00.33
5	Andrew Scotland	Grimsby Dss	11:06.65
6	Mike Kessler	St. Francis	11:13.22
7	Thomas McRae	St. Paul HS	11:28.49
8	Kyle Varley	Westlane	11:39.60
9	Greg Lariviere	Westdale	11:39.81
10	Kevin Mills	Beamsville D	11:44.66
11	Tyler Hollenbeck	Waterdown	11:51.43
12	Evan Mann	Westlane	11:59.97
13	Spencer Giles	Centennial S	12:00.34
14	Cody Robinson	Ridge-Cr HS	12:00.79
15	Dillon Bonomo	Guido De Bre	12:13.02

Event 13 Women 80 Meter Hurdles Midget Prelims

Name	Year Team	Seed
1 Olivia Cook	Ridge-Cr HS	14.08
2 Vanessa Sarjeant	Orchard Park	14.30
3 Emily Schoppmann	Blessed Trin	14.69
4 Alana Attema	Beamsville D	14.84
5 Allie Carpenter	Cayuga Ss-Ca	14.84
6 Amanda Coutu	Churchill, S	15.00
7 Shannon Rogers	Crossley	15.03
8 Rebecca Hayward	Highland SS	15.44
9 Teanne Teeft	Grimsby Dss	16.03
10 Madison Leslie	Grimsby Dss	16.06
11 Stephanie Forrest	Hagersville	16.84
12 Victoria DeJong	Hamilton Dis	17.62
13 Alison Stark	Crossley	18.03

Event 14 Men 100 Meter Hurdles Midget

Name	Year Team	Seed
1 Trevor Ruzyllo	Grimsby Dss	16.81
2 Eric Press	Highland SS	17.15
3 Rob Fearman	Cayuga Ss-Ca	17.31
4 Shane Huisman	Highland SS	18.15
5 Casey Patterson	Ridge-Cr HS	18.53
6 Tim Skuse	Grimsby Dss	18.74
7 Shane Leboeuf	Laura Secord	19.91
8 Steve Tripp	Ridge-Cr HS	20.39
9 John Carviel	Cayuga Ss-Ca	20.53
10 Braden Fleming	Cayuga Ss-Ca	20.69
11 Braden Colyn	Smithville D	21.24
12 Sean Knecht	Guido De Bre	21.82

Event 15 Women 300 Meter Hurdles Midget

Name	Year Team	Seed
1 Olivia Cook	Ridge-Cr HS	52.32
2 Chelsey Wilson	Grimsby Dss	52.91
3 Vanessa Sarjeant	Orchard Park	53.81
4 Paige Garvey	Crossley	54.06

5	Kristen Johnson	Crossley	54.07
6	Rebecca Hayward	Highland SS	54.73
7	Amanda Coutu	Churchill, S	54.80
8	Stephanie Forrest	Hagersville	56.23
9	Anna Peterson	Highland SS	56.25
10	Teanne Teeft	Grimsby Dss	56.51
11	Jessica Passant	Highland SS	59.65
12	Shannon Rogers	Crossley	1:01.31

Event 16 Men 300 Meter Hurdles Midget

Name	Year Team	Seed
1 Eric Press	Highland SS	45.70
2 Steve Tripp	Ridge-Cr HS	45.87
3 Trevor Ruzylo	Grimsby Dss	46.11
4 Casey Patterson	Ridge-Cr HS	47.12
5 Rob Fearman	Cayuga Ss-Ca	47.94
6 Tim Skuse	Grimsby Dss	49.40
7 Drew Hampel	Ridge-Cr HS	49.54
8 Shane Huisman	Highland SS	50.14
9 Michael Naundorf	Crossley	50.35
10 Rob Slessor	Grimsby Dss	51.93
11 Alan Awez	Sir Winston	59.11

Event 17 Women High Jump Midget

Name	Year Team	Seed Mark
1 Heather Hicks	Grimsby Dss	1.52m
2 Julie DeJong	Hamilton Dis	1.45m
3 Caprice Aiello	St. Michael	1.44m
4 Courtney Yole	Blessed Trin	1.35m
5 Shalimar Stechysyn	Crossley	1.35m
6 Danielle Kamps	Heritage Chr	1.35m
7 Victoria DeJong	Hamilton Dis	1.35m
8 Vanessa Sarjeant	Orchard Park	1.35m
9 Emma Rounq	Ancaster Hig	1.35m
10 Lisa Christmas	Waterdown	1.35m
11 Taylor Munro	Crossley	1.30m
12 Kelsey Stewart	Lakeshore CH	1.30m
13 Jessica Brent	Eden High Sc	1.30m
14 Christine Schuele	Beamsville D	1.30m
15 Megan Singleton	Ridge-Cr HS	1.30m

Event 18 Men High Jump Midget

Name	Year Team	Seed Mark
1 Jeff Webb	Eden High Sc	1.85m
2 Jean-Paul Lauzon	St. Paul HS	1.80m
3 Satar Wahidi	Orchard Park	1.75m
4 Joel Forestell	Beamsville D	1.70m
5 Brian Macsweyn	Fort Erie SS	1.65m
6 Hayden Molen	Lakeshore CH	1.60m
7 Cody Wright	Orchard Park	1.60m
8 Brandon Byskov	Churchill, S	1.55m

9	Brandon Sonnenberg	Ridge-Cr HS	1.55m
10	Lamoie Swaby	Delta Ss- Ha	1.55m
11	Shaun Simon	St. Paul HS	1.50m
12	Corrigan Lief	Saltfleet DH	1.50m
13	Clinton Andrews	Hill Park SS	1.50m
14	Joshua Perry	Great Lakes	1.50m
15	Adam McMurtrie	Beamsville D	1.50m

Event 20 Men Pole Vault Midget

Name	Year Team	Seed Mark
1 Danny Maljkovic	Ridge-Cr HS	2.50m
2 Nathan Merritt	Ridge-Cr HS	2.20m
3 Ryan Bath	Crossley	2.20m
4 Jesse Paal	Laura Secord	1.90m

Event 21 Women Long Jump Midget

Name	Year Team	Seed Mark
1 Shyrell Gough	West Park	4.51m
2 Kadaija Blackwood	Westlane	4.41m
3 Melanie Ulch	Crossley	4.39m
4 Bianca Molnar	Jean Vanier	4.30m
5 Taylor MacLeod	Grimsby Dss	4.27m
6 Candis Petrina	Blessed Trin	4.26m
7 Olenka Iwanicki	Centennial S	4.23m
8 Elisa Moyer	Beamsville D	4.23m
9 Shelby Johnston	Centennial S	4.22m
10 Mika Hendricks	South Lincol	4.17m
11 Katelin Smith	Orchard Park	3.95m
12 Gugu Mpofu	Orchard Park	3.78m
13 Diana Gutierrez-Perez	Westmount	3.75m
14 Nicole Rak	Waterdown	3.61m
15 Hava Starkman	Westdale	3.32m

Event 22 Men Long Jump Midget

Name	Year Team	Seed Mark
1 Jean-Paul Lauzon	St. Paul HS	6.14m
2 Jeff Webb	Eden High Sc	5.58m
3 Joel Forestell	Beamsville D	5.49m
4 Nathan Merritt	Ridge-Cr HS	5.46m
5 Chris Langdon	Holy Cross H	5.32m
6 Regan Woodward	Kernahan Par	5.25m
7 Shaun Simon	St. Paul HS	5.07m
8 Cody Wright	Orchard Park	5.05m
9 Nathan Berardi	Notre Dame C	4.99m
10 Trevor Kearse	Orchard Park	4.94m
11 Cody Beattie	Stamford Cvi	4.94m
12 Peter Teeuwssen	Beacon Chris	4.78m
13 Shane Huisman	Highland SS	4.76m
14 Corrigan Lief	Saltfleet DH	4.48m
15 Sean Knecht	Guido De Bre	4.45m

Event 23 Women Triple Jump Midget

Name	Year Team	Seed Mark
1 Olivia Cook	Ridge-Cr HS	9.86m
2 Heather Hicks	Grimsby Dss	9.84m
3 Julie DeJong	Hamilton Dis	9.76m
4 Melanie Ulch	Crossley	9.72m
5 Bianca Molnar	Jean Vanier	9.52m
6 Dawn Elmers	Smithville D	9.43m
7 Shelby Johnston	Centennial S	9.38m
8 Natalie Diakow	Governor Sim	9.35m
9 Rebecca Hayward	Highland SS	9.34m
10 Maryanne Teng	Lakeport SS	9.27m
11 Taylor MacLeod	Grimsby Dss	9.23m
12 Allie Carpenter	Cayuga Ss-Ca	8.87m
13 Erica Rasmussen	Westmount	8.32m
14 Laina Rasmussen	Beamsville D	ND

Event 24 Men Triple Jump Midget

Name	Year Team	Seed Mark
1 Nathan Merritt	Ridge-Cr HS	11.22m
2 Derek Grant	Jean Vanier	10.91m
3 Eric Press	Highland SS	10.90m
4 Mark DiDonato	West Park	10.78m
5 Eric Kippers	Hamilton Dis	10.77m
6 Steve Tripp	Ridge-Cr HS	10.48m
7 Braden Fleming	Cayuga Ss-Ca	10.28m
8 Cody Beattie	Stamford Cvi	10.26m
9 Trevor Ruzylo	Grimsby Dss	10.22m
10 Sean Knecht	Guido De Bre	10.10m
11 Robert Dipietro	St. Francis	9.16m
12 Nick Rulhoff	South Lincol	9.02m
13 James Ringler	Kernahan Par	6.83m

Event 25 Women Shot Put Midget

Name	Year Team	Seed Mark
1 Chi Chi Chuks-Mady	Barton SS	9.49m
2 Katie Klodnicki	Grimsby Dss	9.27m
3 Kristina Smolovic	Barton SS	9.20m
4 Katie Pratt	Waterdown	8.60m
5 Melissa Ott	Fort Erie SS	8.23m
6 Lauren Brew	St. Catharin	8.06m
7 Jennifer Hall	Hill Park SS	7.90m
8 Sarah Scapilatti	Notre Dame C	7.21m
9 Emma Sanges	Highland SS	7.15m
10 Campbell Allison	Cayuga Ss-Ca	7.13m
11 My Nguyen	Westlane	7.10m
12 Lindsey Rivet	Fort Erie SS	6.74m
13 Megan Kish	Eden High Sc	6.63m
14 Arden Miller	Great Lakes	6.27m
15 Jennifer Ridder	South Lincol	6.27m

Event 26 Men Shot Put Midget

Name	Year Team	Seed Mark
1 Stefan Palios	Grimsby Dss	14.24m
2 Chris Langdon	Holy Cross H	13.40m
3 Josh Beckett	Highland SS	12.31m
4 Chris Bailey	Sir Winston	12.30m
5 Colin Brown	Dunnville SS	11.83m
6 Daniel Puhl	Lakeshore CH	11.49m
7 Ian Marouf	Lakeshore CH	11.43m
8 Joshua Perry	Great Lakes	10.75m
9 Dino Sabic	Churchill, S	10.67m
10 Jesse Nunn	Holy Cross H	10.64m
11 Tom Booker	Dunnville SS	10.37m
12 Craig Sider	Ridge-Cr HS	10.12m
13 Clinton Andrews	Hill Park SS	9.36m

Event 27 Women Discus Throw Midget

Name	Year Team	Seed Mark
1 Katie Klodnicki	Grimsby Dss	34.88m
2 Kirsten Osterlund	Crossley	19.55m
3 Campbell Allison	Cayuga Ss-Ca	18.77m
4 Erika Rogers	Crossley	18.38m
5 Taylor Munro	Crossley	17.35m
6 Amber Hogeveen	Smithville D	17.25m
7 Shalimar Stechysyn	Crossley	16.12m
8 Arden Miller	Great Lakes	14.86m
9 Jennifer Ridder	South Lincol	13.52m
10 Shanika Lewis-Waddell	Orchard Park	1.87m
11 Emily Weingartner	Highland SS	1.72m
12 Becca Thomas	Hill Park SS	1.35m
13 Chandler Millard	Highland SS	1.21m
14 Alisha Mackenzie	Highland SS	1.06m

Event 28 Men Discus Throw Midget

Name	Year Team	Seed Mark
1 Stefan Palios	Grimsby Dss	50.52m
2 Matt Woehl	Ridge-Cr HS	35.70m
3 Brandon Duva	St. Paul HS	32.36m
4 Daniel Puhl	Lakeshore CH	31.29m
5 Wesley Caliguiro	St. Paul HS	30.40m
6 Ray Dykstra	Grimsby Dss	30.14m
7 Nelson Davies	Ridge-Cr HS	29.95m
8 Paul Zdichavsky	Blessed Trin	29.26m
9 Luke Dortono	Lakeport SS	26.70m
10 Greg Riddell	Laura Secord	26.12m
11 Josh Beckett	Highland SS	25.16m
12 Josh Earls	Hamilton Dis	14.67m

Event 29 Women Javelin Throw Midget

Name	Year Team	Seed Mark
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1	Shalimar Stechysyn	Crossley	22.42m
2	Katie Klodnicki	Grimsby Dss	21.48m
3	Kirsten Osterlund	Crossley	20.57m
4	Taylor Munro	Crossley	20.07m
5	Campbell Allison	Cayuga Ss-Ca	19.91m
6	Melissa Ott	Fort Erie SS	18.68m
7	Katie Pratt	Waterdown	18.65m
8	Aurora Anderson-Shortt	Niagara D	18.45m
9	Emily Weingartner	Highland SS	18.35m
10	Alisha Mackenzie	Highland SS	18.21m
11	Kristina Bonk	St. Francis	15.35m
12	Chandler Millard	Highland SS	14.13m
13	Arden Miller	Great Lakes	14.06m
14	Michelle Donovan	Hill Park SS	12.97m
15	Jennifer Ridder	South Lincol	12.86m

Event 30 Men Javelin Throw Midget

Name	Year Team	Seed Mark
1	Ray Dykstra	Grimsby Dss 47.47m
2	Daniel Puhl	Lakeshore CH 39.10m
3	Brandon Berlingieri	McKinnon Par 38.90m
4	Blake Miller	Centennial S 38.77m
5	Darrell Lane	Ridge-Cr HS 38.58m
6	Matthew Wendel	St. Francis 34.81m
7	Teagan Waite	South Lincol 34.62m
8	Brian Macsweyn	Fort Erie SS 34.39m
9	Eric Kippers	Hamilton Dis 34.24m
10	Dylan Calhoun	Highland SS 33.10m
11	Braden Colyn	Smithville D 31.91m
12	Matt Wensink	Heritage Chr 30.50m
13	Nate Fennema	Hamilton Dis 29.21m
14	Josh Beckett	Highland SS 28.43m
15	Spencer Wikkerink	Hamilton Dis 21.20m

Event 31 Women 4x100 Meter Relay Midget

Team	Seed
1 Centennial S S 'A'	54.86
1) Carly Davies	2) Shelby Johnston
3) Olenka Iwanicki	4) Michelle Hollingshead
2 Westmount S S 'A'	55.41
1) Holly Drohomysky	2) Helen Simovic
3) Diana Gutierrez-Perez	4) Samantha Mersereau
3 Jean Vanier E S 'A'	55.71
1) Lindsey Jones	2) Jessica Reid
3) Hailey Maxwell	4) Bianca Molnar
4 Grimsby D S S 'A'	55.88
5 Waterdown D H S 'A'	56.78
1) Leigh Robinson	2) Heather Gaffney
3) Lisa Christmas	4) Joy MacDoanld
6 Highland S S 'A'	57.61
1) Rebecca Hayward	2) Bindi Patel
3) Shayla Mordue	4) Meagan Obrien

7	E. L. Crossley S S 'A'		57.99
	1) Shannon Rogers	2) Alison Stark	
	3) Paige Garvey	4) Melanie Ulch	
8	Fort Erie S S 'A'		58.79
	1) Alysha McNamee	2) Taylor Spencer	
	3) Brittany Hebbourn	4) Emily Schutt	
9	Hamilton District C H S 'A'		59.86
	1) Julie DeJong	2) Victoria DeJong	
	3) Sara Wiebenga	4) Lindsay Noordam	
10	Westdale S S 'A'		59.93
	1) Kelsie Pulsifer	2) Kenzie Pulsifer	
11	Blessed Trinity H S 'A'		59.98

Event 32 Men 4x100 Meter Relay Midget

Team			Seed
1	St. Paul H S 'A'		48.53
	1) Stephan Oreskovich	2) Jamie Cardamone	
	3) Mitch Greco	4) Jake Cardwell	
2	Ridgeway-Crystal Beach 'A'		49.19
3	Orchard Park S S 'A'		49.66
	1) Cody Wright	2) Trevor Kearse	
	3) Grant Durfey	4) Mat Kit	
4	Highland S S 'A'		49.75
	1) Eric Press	2) James Gould	
	3) Shane Huisman	4) Tommy Lariviere	
5	Lakeshore C H S 'A'		50.17
	1) Nicky Boulard	2) Mackenzie McAvoy	
	3) Brian Domenicucci	4) Matt Johnston	
6	Notre Dame College 'A'		50.54
7	E. L. Crossley S S 'A'		50.63
8	Sir Winston Churchill S S 'A'		51.02
9	Beamsville D S S 'A'		51.36
	1) Adam McMurtrie	2) Joel Forestell	
	3) Kevin Mills	4) Colin Wierds	
10	Holy Cross H S 'A'		53.06
11	South Lincoln H S 'A'		53.46
12	Lakeport S S 'A'		53.64
	1) Endou Sourinho	2) Alex Obrien	
	3) Zack Randle	4) Devon Barrett	
13	Hamilton District C H S 'A'		55.90
	1) Eric Kippers	2) Adam Voorberg	
	3) Nate Fennema	4) Spencer Wikkerink	
14	Delta S S 'A'		56.38
	1) Brad Bespolko	2) Drew Reid	
	3) Darrel Davies	4) Lamoie Swaby	
15	Sir Winston Churchill 'A'		57.95
	1) Ager Hasan	2) Alan Awez	
	3) John Hayward	4) Ahmet Topbas	

Event 33 Women 100 Meter Dash Junior Prelims

Name	Year Team	Seed
1 Chelsea Duncan	Churchill, S	13.03
2 Megan Hill	Ancaster Hig	13.05

3	Sarah Rosso	Waterdown	13.06
4	Sarah Weemholf	Waterdown	13.11
5	Emily Shing	Highland SS	13.39
6	Alex Grosskurth	Laura Secord	13.59
7	Amy Lavoie	Jean Vanier	13.87
8	Bailey Fehrman	Cayuga Ss-Ca	13.89
9	Diana Haefeale	Glendale SS	13.90
10	Kaitlyn Au	St. Paul HS	13.91
11	Deana-Rose Smith	South Lincol	13.92
12	Ashley Moes	Eden High Sc	13.96
13	Erin Sauder	Denis Morris	14.06
14	Krista Barber	McKinnon Par	14.06
15	Rebekah Steele	Dunnville SS	14.40

Event 34 Men 100 Meter Dash Junior Prelims

Name	Year Team	Seed
1	Simon Earp-Lynch	Churchill, S
2	Michael Masonovich	St. Paul HS
3	Ben Earp-Lynch	Churchill, S
4	Steven King	Westmount
5	Ethan Moore	Crossley
6	Carlin McLean	Orchard Park
7	Marcus Murray	MacDonald, S
8	Brandon Nelson	Westmount
9	Brandon Ricker	West Park
10	Davor Stojanov	Saltfleet DH
11	Michael Marquis	Notre Dame C
12	Sandro Sfranza	St. Francis
13	Michael Boyd	Centennial S
14	Kadeem Allen	Westlane
15	Akeem Norris	Great Lakes

Event 35 Women 200 Meter Dash Junior

Name	Year Team	Seed
1	Alex Giles	Governor Sim
2	Keeley Levitt	West Park
3	Chelsea Duncan	Churchill, S
4	Sarah Rosso	Waterdown
5	Kristen Pizycki	Denis Morris
6	Megan Hill	Ancaster Hig
7	Emily Shing	Highland SS
8	Jessie Sawyers	Highland SS
9	Deana-Rose Smith	South Lincol
10	Bailey Fehrman	Cayuga Ss-Ca
11	Gill Thomas	Hamilton Dis
12	Rachel Fitkowski	St. Michael
13	Charlene Hartwick	Crossley
14	Rachael Flaggy	Crossley

Event 36 Men 200 Meter Dash Junior

Name	Year Team	Seed
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1	Simon Earp-Lynch	Churchill, S	23.99
2	Ben Earp-Lynch	Churchill, S	24.00
3	Marcus Murray	MacDonald, S	24.24
4	Brandon Nelson	Westmount	24.48
5	Steven King	Westmount	24.62
6	Matt Firth	Grimsby Dss	24.73
7	Sandro Sfrazza	St. Francis	24.82
8	Michael St. Jean	MacDonald, S	24.84
9	Brandon Ricker	West Park	24.86
10	Michael Masonovich	St. Paul HS	25.02
11	Ethan Moore	Crossley	25.05
12	James Noordam	Hamilton Dis	25.22
13	Michael Boyd	Centennial S	25.24
14	Michael Marquis	Notre Dame C	25.37
15	Patrick Twomey	Crossley	26.28

Event 37 Women 400 Meter Dash Junior

=====			
	Name	Year Team	Seed
=====			
1	Alex Giles	Governor Sim	1:01.08
2	Jaclyn Harris	Beamsville D	1:01.39
3	Keeley Levitt	West Park	1:02.73
4	Emily Shing	Highland SS	1:04.05
5	Jessie Sawyers	Highland SS	1:04.45
6	Kerri Brownridge	Waterdown	1:04.91
7	Kristen Pizycki	Denis Morris	1:05.51
8	Vanessa Rocca	Westdale	1:05.91
9	Emily Milko	Blessed Trin	1:07.15
10	Shelby Letkemann	Ancaster Hig	1:08.70
11	Megan Ainslie	Myer, A.N.	1:10.35
12	Emily Kieffer	Ridge-Cr HS	1:10.54
13	Natasha Chang	Cayuga Ss-Ca	1:13.29

Event 38 Men 400 Meter Dash Junior

=====			
	Name	Year Team	Seed
=====			
1	Doug Easterbrook	Grimsby Dss	54.22
2	Troy Oliver	Crossley	54.41
3	Julien Rousseau	Churchill, S	55.02
4	Donovan Kerry	Denis Morris	56.02
5	Steve Komadoski	Eden High Sc	56.23
6	Chris Miedema	Lakeshore CH	56.48
7	Brad Jamison	Eden High Sc	56.61
8	Derrell Ellis	MacDonald, S	57.49
9	Russell Samasuwo	Saltfleet DH	57.66
10	Josh Patterson	Waterdown	57.88
11	Travis Clouden	St. Michael	58.02
12	Nathan Cheney	Myer, A.N.	58.11
13	Marcus Murray	MacDonald, S	58.13
14	Patrick Twomey	Crossley	58.61
15	James Noordam	Hamilton Dis	59.09

Event 39 Women 800 Meter Run Junior

Name	Year Team	Seed
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1	Paris Adams	Blessed Trin	2:32.01
2	Courtney Patterson	Highland SS	2:38.27
3	Rachel Hicks	Highland SS	2:38.65
4	Emily Milko	Blessed Trin	2:41.90
5	Erin Kurpe	Grimsby Dss	2:43.52
6	Janelle Brouwer	Hamilton Dis	2:43.88
7	Mariah Kelly	St. Michael	2:44.91
8	Jasmin Assogna	Glendale SS	2:45.97
9	Kristia Bracken	Laura Secord	2:46.33
10	Shelby Letkemann	Ancaster Hig	2:48.34
11	Jaclyn Harris	Beamsville D	2:49.02
12	Keigan Curran	St. Michael	2:49.23
13	Emily Kieffer	Ridge-Cr HS	2:56.82
14	Rachelle Spadzinski	Myer, A.N.	3:06.42
15	Erica Ventura	Lakeshore CH	3:23.85

Event 40 Men 800 Meter Run Junior

Name	Year Team	Seed
1	Doug Easterbrook	Grimsby Dss 2:03.57
2	Julien Rousseau	Churchill, S 2:06.18
3	Troy Oliver	Crossley 2:10.17
4	Chris Miedema	Lakeshore CH 2:11.88
5	Brad Jamison	Eden High Sc 2:12.13
6	Tyson Sider	Niagara Coll 2:17.39
7	Russell McKean	West Park 2:17.63
8	Josh Patterson	Waterdown 2:20.23
9	Donovan Kerry	Denis Morris 2:22.37
10	Cody Biggley	Sir Winston 2:23.60
11	Jordan Antonio	St. Michael 2:24.22
12	Daniel Brown	St. Paul HS 2:26.55
13	Stephen DeJong	Guido De Bre 2:27.22
14	Colin Kasper	Guido De Bre 2:29.24
15	James Tonogai	Sherwood SS 2:32.30

Event 41 Women 1500 Meter Run Junior

Name	Year Team	Seed
1	Heather Stuive	Eden High Sc 5:10.16
2	Paris Adams	Blessed Trin 5:11.82
3	Katelyn Hodgson	Grimsby Dss 5:29.99
4	Courtney Patterson	Highland SS 5:30.83
5	Rachel Hicks	Highland SS 5:32.79
6	Brianne Kilgour	Westdale 5:38.67
7	Kristen Vromans	Grimsby Dss 5:40.31
8	Mariah Kelly	St. Michael 5:42.44
9	Kristia Bracken	Laura Secord 5:42.65
10	Brittany Jones	Jean Vanier 5:44.19
11	Jasmin Assogna	Glendale SS 5:44.36
12	Bess Martin	Highland SS 5:52.47
13	Emily Kieffer	Ridge-Cr HS 6:01.84
14	Jennifer Rowland	Centennial S 6:06.85
15	Lindsey Middleton	Ridge-Cr HS 6:30.27

Event 42 Men 1500 Meter Run Junior

Name	Year Team	Seed
1 Mohamed Ahmed	St. Catharin	4:17.52
2 Doug Easterbrook	Grimsby Dss	4:18.95
3 Paul Scholl	Churchill, S	4:20.52
4 Brad Jamison	Eden High Sc	4:28.83
5 Jeremy Rae	Lakeshore CH	4:31.50
6 Andrew Levesque	Cayuga Ss-Ca	4:41.65
7 Russell McKean	West Park	4:49.91
8 David Marshall	Highland SS	4:50.60
9 Cody Biggley	Sir Winston	5:01.76
10 Jordan Antonio	St. Michael	5:03.69
11 Eli Dwor	Port Colborn	5:08.07
12 James Tonogai	Sherwood SS	5:16.42
13 Nicholas Gegan	Land, Robert	5:21.04
14 Hannes Louw	Hamilton Dis	5:40.59
15 Zack Green	Hamilton Dis	5:42.03

Event 43 Women 3000 Meter Run Junior

Name	Year Team	Seed
1 Heather Stuive	Eden High Sc	10:38.73
2 Rebecca Masten-Davies	Ancaster Hig	11:28.03
3 Katelyn Hodgson	Grimsby Dss	11:56.06
4 Kristen Vromans	Grimsby Dss	12:12.98
5 Brianne Kilgour	Westdale	12:22.04
6 Bess Martin	Highland SS	12:28.46
7 Madelaine Bonsma	Smithville D	12:51.36
8 Maryse Thomas	Churchill, S	13:11.73
9 Jelena Marjanovic	Highland SS	13:18.81
10 Brittany Jones	Jean Vanier	14:13.90
11 Lindsey Middleton	Ridge-Cr HS	14:34.90

Event 44 Men 3000 Meter Run Junior

Name	Year Team	Seed
1 Mohamed Ahmed	St. Catharin	9:15.44
2 Paul Scholl	Churchill, S	9:21.92
3 Ryan Thomas	Grimsby Dss	9:27.04
4 Jeremy Rae	Lakeshore CH	9:34.67
5 Andrew Levesque	Cayuga Ss-Ca	10:09.41
6 John Rasmussen	Ancaster Hig	10:30.10
7 Dylan Jones	South Lincol	10:32.38
8 Mike Macket	St. Francis	10:38.08
9 David Marshall	Highland SS	10:42.12
10 Nicholas Gegan	Land, Robert	10:58.16
11 Tim Garlow	McKinnon Par	11:07.96
12 Ian Visser	Crossley	11:19.50
13 Stephen DeJong	Guido De Bre	11:31.06
14 Colin Vanderwoerd	Hamilton Dis	12:04.97
15 Zack Green	Hamilton Dis	12:10.72

Event 45 Women 80 Meter Hurdles Junior Prelims

Name	Year Team	Seed
1 Danielle Cottrell	Waterdown	13.23
2 Jessica May	Saltfleet DH	13.49
3 Devin Glodziak	Grimsby Dss	13.73
4 Shelby Bordi	Highland SS	14.07
5 Tori Lee	Grimsby Dss	14.57
6 Lily Davis	South Lincol	15.09
7 Cassee Hayes	Cayuga Ss-Ca	15.20
8 Megan MacLeod	Grimsby Dss	15.37
9 Vanessa Rocca	Westdale	15.65
10 Erin Samchyk	Grimsby Dss	15.68
11 Natasha Chang	Cayuga Ss-Ca	16.01
12 Bailey Fehrman	Cayuga Ss-Ca	16.47
13 Jennifer MacBain	Saltfleet DH	16.92
14 Allison Mauro	Centennial S	23.83
15 Becca Reynolds	Dunnville SS	25.60

Event 46 Men 100 Meter Hurdles Junior

Name	Year Team	Seed
1 Townsend Benard	Laura Secord	14.51
2 Kevin Murphy	Centennial S	15.81
3 Shawn Hind	Holy Cross H	17.52
4 Nick Calabrese	West Park	17.89
5 Lenny Dimberio	Lakeshore CH	18.33
6 Adam Palios	Grimsby Dss	20.49
7 Stephen Hume	Myer, A.N.	20.51
8 Jeff DeVisser	Smithville D	20.65
9 Zach Allen	Ridge-Cr HS	23.42
10 Kyle Johnson	Crossley	23.45

Event 47 Women 300 Meter Hurdles Junior

Name	Year Team	Seed
1 Jaclyn Harris	Beamsville D	50.05
2 Jessica May	Saltfleet DH	50.41
3 Sarah Rosso	Waterdown	50.87
4 Devin Glodziak	Grimsby Dss	51.09
5 Halee Lymburner	Crossley	51.96
6 Tori Lee	Grimsby Dss	53.44
7 Andrea Thiessen	Eden High Sc	53.82
8 Megan MacLeod	Grimsby Dss	54.29
9 Shelby Letkemann	Ancaster Hig	54.94
10 Charlene Hartwick	Crossley	56.10
11 Natasha Chang	Cayuga Ss-Ca	56.90
12 Cassee Hayes	Cayuga Ss-Ca	56.97
13 Jelena Marjanovic	Highland SS	57.92

Event 48 Men 300 Meter Hurdles Junior

Name	Year Team	Seed
1 Ben Grant	Holy Cross H	45.71

2	Matt Swan	Ridge-Cr HS	45.74
3	Brian Mills	Highland SS	46.06
4	Jordon Grundy	Highland SS	47.00
5	Adam Palios	Grimsby Dss	47.04
6	Desmond Cousins	Ridge-Cr HS	47.29
7	Zach Allen	Ridge-Cr HS	48.74
8	Michael Luo	Laura Secord	48.76
9	Stuart Bonk	Beamsville D	49.71
10	Ernesto Fernandez	Churchill, S	50.13
11	Kyle Johnson	Crossley	50.82
12	Jeff Regnerus	Hamilton Dis	51.75

Event 49 Women High Jump Junior

Name	Year Team	Seed Mark
1 Marni Venter	Heritage Chr	1.50m
2 Courtney Olah	St. Paul HS	1.50m
3 Elisa Coates	Waterdown	1.45m
4 Halee Lymburner	Crossley	1.45m
5 Kim MacKay	Churchill, S	1.45m
6 Jenny Reid	Dunnville SS	1.40m
7 Amber Bramer	Orchard Park	1.35m
8 Kyra Reilly	Blessed Trin	1.35m
9 Sara Desterke	Highland SS	1.30m
10 Lycia Evashkow	Glendale SS	1.30m
11 Lily Davis	South Lincol	1.30m
12 Erin Sauder	Denis Morris	1.25m

Event 50 Men High Jump Junior

Name	Year Team	Seed Mark
1 Dominic Kucharski	Governor Sim	1.75m
2 Jeff Regnerus	Hamilton Dis	1.65m
3 Stephen Hume	Myer, A.N.	1.65m
4 Michael Boyd	Centennial S	1.60m
5 Nick Calabrese	West Park	1.60m
6 Rick Dooler	Crossley	1.60m
7 Jordan Raycroft	Centennial S	1.60m
8 Jay Fast	Governor Sim	1.60m
9 Alex Versluis	Beacon Chris	1.60m
10 Sean Parker	Lakeshore CH	1.60m
11 Dylan Janssen	Smithville D	1.55m
12 Steven Kisaka	Saltfleet DH	1.50m

Event 51 Women Pole Vault Midget / Junior

Name	Year Team	Seed Mark
1 Avery Thomas	Grimsby Dss	2.45m
2 Whitney Nicholas	Hagersville	2.20m
3 Sharon Michalak	Notre Dame C	2.00m
4 Rebecca Stallwood	Hagersville	2.00m
5 Alison Stark	Crossley	2.00m
6 Krista Hall	Hagersville	2.00m
7 Ellen Warkholdt	Laura Secord	1.70m

Event 52 Men Pole Vault Junior

Name	Year Team	Seed Mark
1 Mikey Maljkovic	Ridge-Cr HS	3.40m
2 Townsend Benard	Laura Secord	3.30m
3 Kyle Johnson	Crossley	2.20m
4 Garrett Wassenaar	Crossley	2.20m
5 Zach Allen	Ridge-Cr HS	2.20m

Event 53 Women Long Jump Junior

Name	Year Team	Seed Mark
1 Chelsea Duncan	Churchill, S	4.94m
2 Courtney Olah	St. Paul HS	4.78m
3 Echo Fleury	Jean Vanier	4.72m
4 Gill Thomas	Hamilton Dis	4.63m
5 Amy Lavoie	Jean Vanier	4.59m
6 Ashley Moes	Eden High Sc	4.46m
7 Marni Venter	Heritage Chr	4.45m
8 Sara Desterke	Highland SS	4.43m
9 Margie Boese	Niagara D	4.42m
10 Andrea Thiessen	Eden High Sc	4.40m
11 Rebecca Bauer	Westlane	4.28m
12 Kira Lodder	Guido De Bre	4.22m
13 Krista Barber	McKinnon Par	4.14m
14 Diana Haefele	Glendale SS	4.02m
15 Roz Vanderwoude	Guido De Bre	3.98m

Event 54 Men Long Jump Junior

Name	Year Team	Seed Mark
1 Shawn Hind	Holy Cross H	6.05m
2 Cam Atkinson	Grimsby Dss	5.88m
3 Carlin McLean	Orchard Park	5.78m
4 Spencer Thompson	Crossley	5.53m
5 Mike Marquis	Notre Dame C	5.52m
6 Michael St. Jean	MacDonald, S	5.50m
7 Daniel DeBruyne	Beacon Chris	5.43m
8 Sam Rashid	Westdale	5.42m
9 Matt Roy	Ridge-Cr HS	5.25m
10 Rhodri Mativo	St. Paul HS	5.25m
11 Mike McNally	Orchard Park	5.22m
12 Cameron McLean	St. Michael	5.19m
13 Davor Stojanov	Saltfleet DH	5.17m
14 Aaron Brown	Governor Sim	5.10m
15 Dylan Janssen	Smithville D	5.05m

Event 55 Women Triple Jump Junior

Name	Year Team	Seed Mark
1 Echo Fleury	Jean Vanier	10.61m
2 Ashley Moes	Eden High Sc	10.02m

3	Devin Glodziak	Grimsby Dss	9.79m
4	Erin Sauder	Denis Morris	9.76m
5	Rebecca Bauer	Westlane	9.56m
6	Jenny Reid	Dunnville SS	9.54m
7	Krista Barber	McKinnon Par	9.50m
8	Cassee Hayes	Cayuga Ss-Ca	9.13m
9	Hannah Woods	Grimsby Dss	8.96m
10	Tara Douglas	Lakeport SS	8.96m
11	Brittany Cumming	Highland SS	8.82m
12	Roz Vanderwoude	Guido De Bre	8.70m
13	Brittany Hicks	Saltfleet DH	8.02m
14	Kristin Boonstra	Waterdown	7.81m
15	Sara Desterke	Highland SS	7.69m

Event 56 Men Triple Jump Junior

Name	Year Team	Seed Mark
1	Cam Atkinson	Grimsby Dss
2	Carlin McLean	Orchard Park
3	Matt Firth	Grimsby Dss
4	Daniel DeBruyne	Beacon Chris
5	Rob White	Myer, A.N.
6	Chris Miedema	Lakeshore CH
7	Spencer Thompson	Crossley
8	Cameron Anderson	West Park
9	Tom Sikma	Hamilton Dis
10	Cameron McLean	St. Michael
11	Brent Harris	Smithville D
12	Matt Roy	Ridge-Cr HS
13	Joel Gritter	Guido De Bre
14	Steven Kisaka	Saltfleet DH
15	Jason Schulenberg	Guido De Bre

Event 57 Women Shot Put Junior

Name	Year Team	Seed Mark
1	Kim MacKay	Churchill, S
2	Brittany Quin	Ridge-Cr HS
3	Krista Hall	Hagersville
4	Cheyenne Jope	Notre Dame C
5	Erica Tokar	Crossley
6	Amie Mogford	Great Lakes
7	Tracey Boeringa	Guido De Bre
8	Nicki Miller	Saltfleet DH
9	Carly Wallwork	Orchard Park
10	Kristin Kish	Eden High Sc
11	Lindsay Huczel	Highland SS
12	Gill Thomas	Hamilton Dis
13	Crystel Taylor	Hagersville
14	Leona Cunningham	Blessed Trin
15	C.J Sutton	Laura Secord

Event 58 Men Shot Put Junior

Name	Year Team	Seed Mark
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1	Jon Ventresca	Highland SS	15.17m
2	Scott DeGraaf	Hagersville	13.21m
3	Dillon Doig	West Park	13.10m
4	Garrett House	Lakeshore CH	12.98m
5	Hoas Langerap	Lakeshore CH	12.87m
6	Allen Tripp	Ridge-Cr HS	12.61m
7	James Klassen	Eden High Sc	12.58m
8	Aaron Baird	St. Francis	12.53m
9	Zack Duguay	Denis Morris	12.02m
10	PJ Demik	Hamilton Dis	12.01m
11	Riley Jacobschuk	Denis Morris	11.93m
12	David Woods	Sir Winston	11.91m
13	James Soon	Crossley	11.81m
14	Clint Mackenzie	Highland SS	10.93m
15	James Curwin	Waterdown	10.32m

Event 59 Women Discus Throw Junior

Name	Year Team	Seed Mark
1	Nicki Miller	Saltfleet DH 28.38m
2	Tracey Boeringa	Guido De Bre 27.81m
3	Erica Tokar	Crossley 24.43m
4	Karie Alderman	Grimsby Dss 24.41m
5	Brittany Hicks	Saltfleet DH 23.78m
6	Stephanie Cyr	Centennial S 22.72m
7	Kelsey Milmine	Saltfleet DH 18.55m
8	Bosa Zagorac	Saltfleet DH 18.46m
9	Amie Mogford	Great Lakes 17.90m
10	Alana Goodlet	Hagersville 16.97m
11	Leona Cunningham	Blessed Trin 16.20m
12	Nicole Ciszek	Niagara Coll 15.65m
13	Maeghan Leavens	Crossley 15.34m
14	Tashawna Linkiewicz	Blessed Trin 11.23m

Event 60 Men Discus Throw Junior

Name	Year Team	Seed Mark
1	Will Beyer	Grimsby Dss 40.47m
2	Leigh Pauls	Churchill, S 38.12m
3	Corbin Dailey	Grimsby Dss 36.32m
4	James Soon	Crossley 34.51m
5	Zakk Burton	Crossley 34.25m
6	Will Vance	Highland SS 32.05m
7	Garrett House	Lakeshore CH 31.96m
8	Hoas Langerap	Lakeshore CH 31.29m
9	Scott DeGraaf	Hagersville 30.91m
10	Simon Fallon	Hamilton Dis 30.67m
11	PJ Demik	Hamilton Dis 29.99m
12	Hannes Louw	Hamilton Dis 29.10m
13	Jon Ventresca	Highland SS 27.98m
14	Chris Legendre	Laura Secord 27.91m
15	Zack Duguay	Denis Morris 26.73m

Event 61 Women Javelin Throw Junior

Name	Year Team	Seed Mark
1 Brittany Hicks	Saltfleet DH	34.98m
2 Whitney Nicholas	Hagersville	28.43m
3 Kim MacKay	Churchill, S	27.40m
4 Jillian Myers	Waterdown	26.16m
5 Amanda DeHaan	Hamilton Dis	23.50m
6 Natalie Thomson	St. Paul HS	22.72m
7 Mirjana Zagorac	Saltfleet DH	22.70m
8 Michelle Trottier	St. Michael	21.54m
9 Paige Darling	Highland SS	21.08m
10 Amie Mogford	Great Lakes	19.14m
11 Tashawna Linkiewicz	Blessed Trin	18.95m
12 Brittany Chambers	Ridge-Cr HS	18.49m
13 Amanda Slamka	Holy Cross H	18.14m
14 Natalie Trojanowski	St. Michael	17.51m
15 Karie Alderman	Grimsby Dss	16.04m

Event 62 Men Javelin Throw Junior

Name	Year Team	Seed Mark
1 Kenny Bradford	Eden High Sc	47.27m
2 Will Vance	Highland SS	46.20m
3 Ethan Werner	Dunnville SS	44.84m
4 Troy Oliver	Crossley	42.80m
5 PJ Demik	Hamilton Dis	42.14m
6 Dustin Reichelt	Fort Erie SS	40.58m
7 Matt Bouwers	Hamilton Dis	39.46m
8 Joseph Cinq-Mars	Cayuga Ss-Ca	39.39m
9 Dakota Bezemer	Hamilton Dis	38.86m
10 Bobby Kerr	Notre Dame C	38.46m
11 Aaron Baird	St. Francis	38.33m
12 Jordan Kewell	Blessed Trin	37.01m
13 Dominic Kucharski	Governor Sim	36.70m
14 Leigh Pauls	Churchill, S	34.91m
15 Hannes Louw	Hamilton Dis	34.79m

Event 63 Women 4x100 Meter Relay Junior

Team	Seed
1 Waterdown D H S 'A'	51.89
1) Kristin Boonstra	2) Kerri Brownridge
3) Danielle Cottrell	4) Sarah Rosso
2 Highland S S 'A'	53.30
1) Emily Shing	2) Shelby Bordi
3) Amanda John	4) Jessie Sawyers
3 Ancaster High 'A'	53.32
1) Megan Hill	2) Emily Davidson
3) Angela Ford	4) Emma ROUNG
4 Sir Winston Churchill S S 'A'	54.25
5 Cayuga S S 'A'	55.59
1) Bailey Fehrman	2) Natasha Chang
3) Jessica Smith	4) Cassee Hayes
6 South Lincoln H S 'A'	55.73

7	Denis Morris H S 'A'	56.17
8	Laura Secord S S 'A'	56.26
	1) Jessica Chetyrbuk	
	2) Alex Grosskurth	
	3) Kristia Bracken	
	4) Becky Bergsma	
9	Grimsby D S S 'A'	56.50
10	E. L. Crossley S S 'A'	56.84
	1) Charlene Hartwick	
	2) Maddie Teed	
	3) Julia Shaw	
	4) Rachael Flagg	
11	Centennial S S 'A'	56.95
	1) Ashley Fulop	
	2) Allison Mauro	
	3) Savannah Petrachenko	
	4) Kaylee Colangelo	
12	Saltfleet D H S 'A'	56.98
	1) Jessica May	
	2) Mirjana Zagorac	
	3) Bosa Zagorac	
	4) Brittany Hicks	
13	Westdale S S 'A'	58.27
	1) Brianne Kilgour	
	2) Caroline Dunton	
	3) Vanessa Rocca	
	4) Tiffany Williams	

Event 64 Men 4x100 Meter Relay Junior

Team		Seed
1	Sir John A. MacDonald S S 'A'	47.26
	1) Alistair Moona	
	2) Marcus Murray	
	3) Michael St. Jean	
	4) Christian Calero	
2	E. L. Crossley S S 'A'	47.43
	1) Troy Oliver	
	2) Nathan Watson	
	3) Spencer Thompson	
	4) Patrick Twomey	
3	St. Paul H S 'A'	47.78
	1) Gianluca Agostinelli	
	2) Mike Masonovich	
	3) Matt Vizzari	
	4) Aaron Sexton	
4	Westmount S S 'A'	48.67
	1) Steven King	
	2) Brandon Nelson	
	3) Dave Park	
	4) Henry Fothergill	
5	Hamilton District C H S 'A'	48.86
	1) James Noordam	
	2) Nick Tigchelaar	
	3) PJ Demik	
	4) Hallel Yap	
6	Westlane S S 'A'	49.21
7	Ridgeway-Crystal Beach 'A'	49.44
8	St. Michael H S 'A'	50.13
	1) Michael Zappetilli	
	2) Justin Shugg	
	3) Nico Kozic	
	4) Cameron McLean	
9	Denis Morris H S 'A'	50.19
10	Sir Winston Churchill 'A'	51.46
	1) Dalton Jay	
	2) Cody Biggley	
	3) Larry Huynh	
	4) Mike McNeil	
11	Grimsby D S S 'A'	51.86
12	Westdale S S 'A'	52.57
	1) Mohamed Kurani	
	2) Sam Rashid	
	3) Tristan Rock	
	4) Adam Despinick	
13	Blessed Trinity H S 'A'	52.71
14	Smithville District C H S 'A'	53.65
15	Governor Simcoe S S 'A'	53.95
	1) Aaron Brown	
	2) Dominic Kucharski	
	3) Jay Fast	
	4) Russell Porta	

Event 65 Women 100 Meter Dash Senior Prelims

	Name	Year Team	Seed
1	Kirstie Sheperd	Sir Winston	12.96
2	Elysha Buma	Heritage Chr	13.03
3	Esther Adjekum	MacDonald, S	13.12
4	Alexandra Biggs	MacDonald, S	13.15
5	Natasha Bonk	St. Francis	13.16
6	Kayla Tuckwell	Laura Secord	13.49
7	Stacy Drohomyrecky	Westmount	13.53
8	Katie Shelley	Ancaster Hig	13.63
9	Megan Purdy	Beamsville D	13.68
10	Kerri Mulder	South Lincol	13.97
11	Stesha Conway	Jean Vanier	14.55
12	Kaysea Toy	St. Michael	14.80
13	Alexa Fraser	Crossley	15.26
14	Amanda Fazzalari	Jean Vanier	15.64
15	Lauren Miller	Myer, A.N.	15.81

Event 66 Men 100 Meter Dash Senior Prelims

	Name	Year Team	Seed
1	Damion Vassell	MacDonald, S	11.20
2	Tanner Goode	St. Francis	11.39
3	Dave Feere	Waterdown	11.46
4	Tristan Woodburn	Westlane	11.59
5	Matthew MacDonald	St. Francis	11.67
6	Dujon Williams	MacNab, Sir A	11.69
7	Braden Nielson	Sir Winston	11.78
8	Jed Gardner	St. Michael	11.82
9	Jabari Selman	Laura Secord	11.86
10	Andrew Myer	St. Francis	11.86
11	James Williams	Orchard Park	12.05
12	Oscar Anderson-Shortt	Niagara D	12.05
13	Dustin Atkinson	St. Paul HS	12.10
14	Everett Bokma	Crossley	12.18
15	Sean Ogrady	Notre Dame C	12.29

Event 67 Women 200 Meter Dash Senior

	Name	Year Team	Seed
1	Esther Vermeer	Smithville D	26.43
2	Kirstie Sheperd	Sir Winston	26.79
3	Elysha Buma	Heritage Chr	27.04
4	Lauren Aquilina	Westmount	27.15
5	Stesha Conway	Jean Vanier	27.24
6	Alisha Witter	Westmount	27.27
7	Leigh Veerman	Laura Secord	27.31
8	Alexandra Biggs	MacDonald, S	27.34
9	Natasha Bonk	St. Francis	27.54
10	Bryanna Kelly	Beamsville D	27.71
11	Katie Shelley	Ancaster Hig	28.50
12	Alexa Fraser	Crossley	29.32
13	Kaysea Toy	St. Michael	29.44
14	Pam Gorham	Ridge-Cr HS	31.04

15	Hailey Gullett	Crossley	31.56
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Event 68 Men 200 Meter Dash Senior

=====			
Name	Year	Team	Seed
=====			
1	Cody Boyd	Churchill, S	22.25
2	Damion Vassell	MacDonald, S	22.57
3	Jordan Baronet	Waterdown	22.94
4	Tanner Goode	St. Francis	22.94
5	Dave Feere	Waterdown	23.05
6	Matthew MacDonald	St. Francis	23.48
7	Jabari Selman	Laura Secord	23.87
8	Jordan Glancie	Laura Secord	23.96
9	Jordan Brouwer	Hamilton Dis	24.05
10	Raffi Schulmann	Highland SS	24.25
11	David Griem	Ridge-Cr HS	24.40
12	Taylor Woodburn	Westlane	25.40
13	Sean Ogrady	Notre Dame C	25.45
14	Matija Borojevic	Westlane	25.82
15	George Dunn	Myer, A.N.	25.82

Event 69 Women 400 Meter Dash Senior

=====			
Name	Year	Team	Seed
=====			
1	Esther Vermeer	Smithville D	59.72
2	Jillian Wyman	Westdale	1:01.08
3	Heather Kurpe	Grimsby Dss	1:01.09
4	Alisha Witter	Westmount	1:01.75
5	Monique Cryne	Westdale	1:03.37
6	Laurel Patterson	Ancaster Hig	1:03.88
7	Hannah Pate	Highland SS	1:04.41
8	Leigh Veerman	Laura Secord	1:04.70
9	Max Turcotte-Novosedlik	Churchill, S	1:05.28
10	Katie Beaucock	Governor Sim	1:05.42
11	Alexa Fraser	Crossley	1:05.91
12	Emily Hughes	Governor Sim	1:05.96
13	Pam Gorham	Ridge-Cr HS	1:07.57
14	Alyssa Clarke	Fort Erie SS	1:08.23
15	Megan Thomas	Ridge-Cr HS	1:16.66
16	Katie Dandos	Ridge-Cr HS	1:17.67

Event 70 Men 400 Meter Dash Senior

=====			
Name	Year	Team	Seed
=====			
1	Cody Boyd	Churchill, S	49.81
2	Lee Mori	Denis Morris	51.81
3	Jordan Baronet	Waterdown	51.98
4	Thomson Justin	Saltfleet DH	52.24
5	Jordan Brouwer	Hamilton Dis	53.47
6	Matthew MacDonald	St. Francis	53.58
7	Max Csikos	Crossley	53.65
8	David Webb	Notre Dame C	53.80
9	Andrew Flagg	Crossley	54.21
10	Jordan Heckman	Churchill, S	54.27

11	Ryan Phipps	Beamsville D	54.33
12	Raffi Schulmann	Highland SS	54.37
13	John Huczel	Highland SS	54.46
14	Matt Wakulich	Crossley	55.18
15	Gord Middleton	Ridge-Cr HS	55.90

Event 71 Women 800 Meter Run Senior

Name	Year Team	Seed
1 Jillian Wyman	Westdale	2:21.13
2 Esther Vermeer	Smithville D	2:26.84
3 Robyn Mildren	Highland SS	2:32.50
4 Emily Hughes	Governor Sim	2:35.88
5 Elizabeth King	St. Francis	2:40.64
6 Max Turcotte-Novosedlik	Churchill, S	2:41.61
7 Alyssa Clarke	Fort Erie SS	2:42.52
8 Lindsay Mooradian	West Park	2:42.91
9 Danielle Rastovac	Westmount	2:43.13
10 Kelsey Kurgan	Crossley	2:45.74
11 Kirstyn Moore	Centennial S	2:58.89
12 Meagan Callahan	St. Paul HS	3:02.08
13 Jessica Harbottle	Cayuga Ss-Ca	3:07.34
14 Heather Isnor	Westdale	3:10.47

Event 72 Men 800 Meter Run Senior

Name	Year Team	Seed
1 James Paul	Churchill, S	2:02.47
2 Thomson Justin	Saltfleet DH	2:02.59
3 Spencer Pruhomme	West Park	2:03.83
4 Matt Mahler	Denis Morris	2:06.47
5 Lee Mori	Denis Morris	2:06.50
6 Nathaniel Hayward	Highland SS	2:07.76
7 Matt Richardson	Westdale	2:08.10
8 David Webb	Notre Dame C	2:09.09
9 Jordan Heckman	Churchill, S	2:09.42
10 Eliot Dumitru	Westmount	2:11.03
11 Ben Merritt	Centennial S	2:11.16
12 Matt Dimarcantonio	Notre Dame C	2:11.35
13 Ben Cooper	St. Paul HS	2:11.43
14 Mike Zoric	Crossley	2:15.41
15 Dave Rauwerda	Hamilton Dis	2:15.77

Event 73 Women 1500 Meter Run Senior

Name	Year Team	Seed
1 Jillian Wyman	Westdale	4:46.35
2 Sam Beattie	MacNab, Sir A	4:59.90
3 Sarah Parfeniuk	Highland SS	5:17.30
4 Breanna Hall	Highland SS	5:21.91
5 Alanah Drake	Grimsby Dss	5:22.25
6 Alex Harriss	Highland SS	5:24.15
7 Lindsay Mooradian	West Park	5:40.50
8 Adriana Csanadi	Niagara Coll	5:45.13

9	Marlaina Meinzinger	Centennial S	5:45.89
10	Megan Sunners	Ridge-Cr HS	5:45.94
11	Crissy Kingma	Holy Cross H	5:47.51
12	Ellen Scholl	Churchill, S	5:49.88
13	Hilary van Gelder	Laura Secord	5:53.66
14	Kirstyn Moore	Centennial S	6:10.19
15	Megan Black	Crossley	6:16.67

Event 74 Men 1500 Meter Run Senior

Name	Year Team	Seed
1 James Paul	Churchill, S	4:06.41
2 Terence Attema	Smithville D	4:06.82
3 Derek Moore	Churchill, S	4:07.62
4 Spencer Pruhomme	West Park	4:17.13
5 Matt Mahler	Denis Morris	4:17.48
6 Colin Lavigne	Sir Winston	4:23.60
7 Brandon Smith	Ancaster Hig	4:31.68
8 Matt Dimarcantonio	Notre Dame C	4:36.53
9 Marc Thebaud	Ridge-Cr HS	4:37.59
10 Tim Nanticoke	McKinnon Par	4:41.16
11 Cody Wilson	Centennial S	4:45.19
12 Star Jackman	Crossley	4:46.01
13 Eliot Dumitru	Westmount	4:48.20
14 Gordon Dumitru	Westmount	4:54.23
15 Glynn Manchester	Highland SS	4:57.59

Event 75 Women 3000 Meter Run Senior

Name	Year Team	Seed
1 Sam Beattie	MacNab, Sir A	10:51.60
2 Kelsie Slater	Grimsby Dss	11:19.20
3 Alanah Drake	Grimsby Dss	11:43.89
4 Sarah Parfeniuk	Highland SS	11:46.61
5 Sarah Boright	Governor Sim	11:48.26
6 Jenn Zuccolo	Highland SS	11:54.21
7 Alex Harriss	Highland SS	12:03.53
8 Lindsay Mooradian	West Park	12:11.91
9 Anita Demczuk	Westdale	12:25.02
10 Ellen Scholl	Churchill, S	12:46.18
11 Marlaina Meinzinger	Centennial S	13:30.40
12 Adriana Csanadi	Niagara Coll	13:30.40
13 Megan Sunners	Ridge-Cr HS	13:30.40
14 Alyssa Edwards	Lakeshore CH	14:16.10

Event 76 Men 3000 Meter Run Senior

Name	Year Team	Seed
1 Terence Attema	Smithville D	8:59.84
2 Ahmed Khalif	MacDonald, S	9:28.05
3 Derek Moore	Churchill, S	9:30.42
4 Jeff Dill	Eden High Sc	9:31.70
5 Colin Lavigne	Sir Winston	9:34.49
6 Brandon Smith	Ancaster Hig	9:35.74

7	Andrew Willison	Westdale	10:06.25
8	Mike Kit	Churchill, S	10:11.13
9	Neil Olij	Guido De Bre	10:28.74
10	Kallahan Park	Grimsby Dss	10:29.04
11	Nick Janssen	Crossley	10:30.56
12	Marc Thebaud	Ridge-Cr HS	10:36.68
13	Cody Wilson	Centennial S	10:41.56
14	Thomas Longay	Land, Robert	10:42.31
15	Trevor Hodgson	Centennial S	10:46.58

Event 77 Women 100 Meter Hurdles Senior Prelims

Name	Year Team	Seed
1 Kelly Morrison	Ancaster Hig	16.17
2 Brittany Kadwell	Grimsby Dss	16.36
3 Jessica Miotto	Laura Secord	16.78
4 Sabrina Giancaterino	St. Francis	16.99
5 Kayla Colling	Grimsby Dss	18.10
6 Leanne Campbell	Beamsville D	18.18
7 Tasha Moerman	Cayuga Ss-Ca	18.44
8 Melissa Miller	Crossley	18.63
9 Jessica Sternberg	Centennial S	19.31
10 Lise Kiefer	Cayuga Ss-Ca	19.54
11 Lisa Klunder	Cayuga Ss-Ca	19.76
12 Heather Isnor	Westdale	20.62
13 Aimee Belanger	Waterdown	21.22

Event 78 Men 110 Meter Hurdles Senior Prelims

Name	Year Team	Seed
1 Braden Nielson	Sir Winston	14.71
2 Kevin Shaver	Highland SS	15.43
3 Spencer Burniston	Blessed Trin	15.49
4 Jordan Glancie	Laura Secord	16.06
5 Tyler Rouse	Grimsby Dss	16.44
6 Brian Mills	Highland SS	16.49
7 Zach Fisher	Crossley	16.61
8 Jabari Selman	Laura Secord	17.22
9 Victor Bibby	Grimsby Dss	17.36
10 Connor MacLeod	Waterdown	17.67
11 Dan MacLeod	Ridge-Cr HS	18.26
12 Wes Vanbarneveld	Guido De Bre	18.93
13 Matthew Flagg	Crossley	19.49
14 Alex Keeton	Highland SS	20.18
15 Brody Cornell	Highland SS	20.53
16 Jordon Grundy	Highland SS	23.14

Event 79 Women 400 Meter Hurdles Senior

Name	Year Team	Seed
1 Heather Kurpe	Grimsby Dss	1:08.78
2 Amanda McMurtrie	South Lincol	1:12.08
3 Pam Gorham	Ridge-Cr HS	1:13.58
4 Brittany Kadwell	Grimsby Dss	1:16.26

5	Robyn Mildren	Highland SS	1:17.94
6	Jennifer Gearing	Crossley	1:19.00
7	Trish Howard	St. Francis	1:21.16
8	Jennifer Howard	St. Francis	1:23.12
9	Kelli Romanin	Crossley	1:23.73
10	Amanda Weaver	Centennial S	1:26.84
11	Jillian Dixon	Crossley	1:36.52

Event 80 Men 400 Meter Hurdles Senior

Name	Year Team	Seed
1 Tyler Rouse	Grimsby Dss	59.84
2 Kevin Shaver	Highland SS	1:00.51
3 David Griem	Ridge-Cr HS	1:00.92
4 Darren Edwards	Waterdown	1:02.23
5 Dan MacLeod	Ridge-Cr HS	1:02.82
6 Jordan Glancie	Laura Secord	1:04.25
7 Zach Fisher	Crossley	1:04.75
8 Nathaniel Hayward	Highland SS	1:04.76
9 Jordan Bartol	Westlane	1:05.11
10 Alex Keeton	Highland SS	1:05.74
11 Kyle Fisher	Highland SS	1:05.90
12 Max Csikos	Crossley	1:07.01
13 Matt Stanton	Beamsville D	1:07.26
14 Spencer Burniston	Blessed Trin	1:11.22

Event 81 Women High Jump Senior

Name	Year Team	Seed Mark
1 Kelly Morrison	Ancaster Hig	1.60m
2 Kristen MacLeod	Grimsby Dss	1.50m
3 Rachel Sellan	Jean Vanier	1.48m
4 Shannon McIvor	Crossley	1.45m
5 Sammie Duffus	Saltfleet DH	1.45m
6 Katie Wierenga	Smithville D	1.40m
7 Tasha Moerman	Cayuga Ss-Ca	1.40m
8 Chelsey Nicholas	Hagersville	1.40m
9 Jasmin Elmers	Smithville D	1.40m
10 Megan Purdy	Beamsville D	1.35m
11 Kaysea Toy	St. Michael	1.35m
12 Jessica Hicks	Grimsby Dss	1.35m
13 Krissie Sullivan	Ancaster Hig	1.30m

Event 82 Men High Jump Senior

Name	Year Team	Seed Mark
1 Nick Glover	Beamsville D	1.90m
2 Phil Williamson	Thorold Ss-T	1.80m
3 Jason Diston	St. Paul HS	1.80m
4 Mitch McPherson	St. Francis	1.80m
5 Sebastian Cerruti	Hamilton Dis	1.80m
6 Jon Sipter	Hill Park SS	1.80m
7 Eric Schwoob	Dunnville SS	1.75m
8 Bryan Rose	Laura Secord	1.70m

9	Andrew Ghaly	St. Paul HS	1.70m
10	Shane Garrison	St. Paul HS	1.70m
11	Matt Lane	Thorold Ss-T	1.70m
12	Jashai Bent	Mountain Sec	1.70m
13	Joel Armstrong	Niagara Coll	1.65m
14	Josh Smith	Mountain Sec	1.55m
15	Brett Hall	Mountain Sec	1.50m

Event 83 Women Pole Vault Senior

Name	Year Team	Seed Mark
1 Chelsey Nicholas	Hagersville	2.80m
2 Janine Wassenaar	Crossley	2.35m
3 Jennifer Gearing	Crossley	2.35m
4 Megan Black	Crossley	2.35m
5 Meaghan Krawczyk	Ridge-Cr HS	2.35m
6 Renata Tracey	Beamsville D	2.30m
7 Becky Shantz	Laura Secord	1.60m
8 Bryanna Kelly	Beamsville D	1.50m

Event 84 Men Pole Vault Senior

Name	Year Team	Seed Mark
1 Kyle Tomasello	Ridge-Cr HS	4.45m
2 Daniel Ammendolia	Notre Dame C	3.55m
3 Sean Fallon	Hamilton Dis	3.40m
4 Jacob Stallwood	Hagersville	3.25m
5 Adam Rudd	Ridge-Cr HS	3.25m
6 Tim Betzold	Ridge-Cr HS	3.10m
7 Matt Stanton	Beamsville D	1.90m

Event 85 Women Long Jump Senior

Name	Year Team	Seed Mark
1 Leigh Veerman	Laura Secord	4.94m
2 Kelly Morrison	Ancaster Hig	4.85m
3 Chantal Landon	Denis Morris	4.78m
4 Esther Adjekum	MacDonald, S	4.75m
5 Liz Doyle	Notre Dame C	4.72m
6 Katie Wierenga	Smithville D	4.66m
7 Lydia Steele	MacDonald, S	4.63m
8 Stesha Conway	Jean Vanier	4.42m
9 Pearl Leung	Westlane	4.41m
10 Sammie Duffus	Saltfleet DH	4.41m
11 Karin Kranenburg	Hamilton Dis	4.37m
12 Niina Fauteux	St. Francis	4.37m
13 Karley Beach	Grimsby Dss	4.36m
14 Felicia Dracz	Notre Dame C	4.36m
15 Nechelle Venturini	Ridge-Cr HS	4.30m

Event 86 Men Long Jump Senior

Name	Year Team	Seed Mark
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1	Tristan Woodburn	Westlane	6.79m
2	Taylor Woodburn	Westlane	6.04m
3	Jason Peng	Stamford Cvi	6.00m
4	Ben Merritt	Centennial S	5.97m
5	Joe DeAngelis	Blessed Trin	5.93m
6	Eric Schwoob	Dunnville SS	5.91m
7	Damion Vassell	MacDonald, S	5.86m
8	Braden Nielson	Sir Winston	5.61m
9	Travis Lees	Niagara D	5.53m
10	Brent Williams	Grimsby Dss	5.35m
11	Clayton Weyrauch	Waterdown	5.33m
12	Jesse Prentice de Weber	Blessed Trin	5.33m
13	Jordan Moffat	Eden High Sc	5.27m
14	Bryan Schiedel	Waterdown	5.19m
15	Jon Sipter	Hill Park SS	5.17m

Event 87 Women Triple Jump Senior

Name	Year Team	Seed Mark
1	Lydia Steele	MacDonald, S 11.33m
2	Jessica Miotto	Laura Secord 9.86m
3	Nechelle Venturini	Ridge-Cr HS 9.66m
4	Mary Anne Lehman	Holy Cross H 9.58m
5	Felicia Dracz	Notre Dame C 9.58m
6	Karin Kranenburg	Hamilton Dis 9.50m
7	Katie Wierenga	Smithville D 9.42m
8	Sammie Duffus	Saltfleet DH 9.41m
9	Alyssa Clarke	Fort Erie SS 9.33m
10	Pearl Leung	Westlane 9.31m
11	Karley Beach	Grimsby Dss 9.30m
12	Christa Ohowe	Westlane 9.04m
13	Lauren Orosz	Beamsville D 8.85m
14	Dasol Lee	Westdale 8.59m
15	Kendra Silenzi	Hill Park SS 7.60m

Event 88 Men Triple Jump Senior

Name	Year Team	Seed Mark
1	David Tebbutt	Eden High Sc 12.82m
2	Spencer Burniston	Blessed Trin 12.71m
3	Taylor Woodburn	Westlane 12.59m
4	Jason Peng	Stamford Cvi 12.38m
5	Ben Merritt	Centennial S 12.06m
6	Eric Schwoob	Dunnville SS 11.77m
7	Clayton Weyrauch	Waterdown 11.70m
8	Brock Murphy	Crossley 11.69m
9	Kevin DeJong	Guido De Bre 11.60m
10	Oscar Anderson-Shortt	Niagara D 11.57m
11	Corey Cheropita	West Park 11.36m
12	Brent Williams	Grimsby Dss 11.28m
13	Nathan DeHaan	Hamilton Dis 11.21m
14	Travis VanRootselaar	Hamilton Dis 10.92m
15	Aaron Griesse	Sherwood SS 10.84m

Event 89 Women Shot Put Senior

Name	Year Team	Seed Mark
1 Sam Middleton	Dunnville SS	10.55m
2 Dana Bee	Grimsby Dss	9.76m
3 Amanda Voorberg	Grimsby Dss	9.69m
4 Steph Costiff	Grimsby Dss	9.39m
5 Rachel Golob	St. Francis	8.95m
6 Aubrie Smith	Niagara D	8.89m
7 Keisha Dailey	Barton SS	8.37m
8 Michelle Zheng	Westdale	8.17m
9 Alex Laxson	Waterdown	8.14m
10 Holly Han	Niagara Coll	8.09m
11 Lindsay Plugers	Notre Dame C	8.00m
12 Sara Norman	Port Colborn	7.51m
13 Becky Mobach	Hamilton Dis	7.07m
14 Brittany Carovillano	Notre Dame C	6.89m
15 Amber Deveau	Mountain Sec	6.75m

Event 90 Men Shot Put Senior

Name	Year Team	Seed Mark
1 Adam Betz	Grimsby Dss	13.47m
2 Nick Woehl	Ridge-Cr HS	13.32m
3 John Chayka	Beamsville D	12.89m
4 Josh Bitner	Crossley	12.64m
5 Tyler Sheldrake	Dunnville SS	12.22m
6 Nic Barron	Centennial S	12.13m
7 Steve Uhm	St. Paul HS	11.76m
8 Cameron Goertzen	Niagara D	11.51m
9 Mirko Smolovic	Barton SS	11.49m
10 Brian Bailey	Sir Winston	11.42m
11 Jordon Emick	Highland SS	11.19m
12 Paul Sirignano	St. Francis	11.14m
13 Dishan Werkman	Beacon Chris	11.14m
14 Scott Timmins	Hill Park SS	11.04m
15 Ryan Day	Sir Winston	10.58m

Event 91 Women Discus Throw Senior

Name	Year Team	Seed Mark
1 Dana Bee	Grimsby Dss	41.21m
2 Sam Middleton	Dunnville SS	29.18m
3 Aubrie Smith	Niagara D	27.70m
4 Alexandra Biggs	MacDonald, S	26.21m
5 Danielle Nesbitt	Crossley	24.09m
6 Moriel Mesterman	Highland SS	22.59m
7 Holly Han	Niagara Coll	22.54m
8 Laura Scull	Governor Sim	22.17m
9 Julie Osterlund	Crossley	21.40m
10 Janelle de Waard	Niagara Coll	20.53m
11 Brandy Szockyj	Niagara D	19.40m
12 Jacqueline Vos	Smithville D	19.21m
13 Becky Mobach	Hamilton Dis	16.65m

Event 92 Men Discus Throw Senior

Name	Year Team	Seed Mark
1 Troy Sider	Ridge-Cr HS	39.33m
2 Nick Woehl	Ridge-Cr HS	38.23m
3 Adam Betz	Grimsby Dss	37.61m
4 Adam Rudd	Ridge-Cr HS	37.31m
5 Sobonnie Muon	Laura Secord	36.13m
6 Cody Truax	Ridge-Cr HS	34.75m
7 Trevor Trotman	Grimsby Dss	34.74m
8 Nathan Ellis	Notre Dame C	34.65m
9 Jordon Emick	Highland SS	30.71m
10 Sean Fallon	Hamilton Dis	30.37m
11 Scott Timmins	Hill Park SS	30.25m
12 Rob Pickering	Laura Secord	29.94m
13 Cameron Goertzen	Niagara D	29.81m
14 Andrew Hall	Hill Park SS	29.73m
15 Ryan Day	Sir Winston	26.75m

Event 93 Women Javelin Throw Senior

Name	Year Team	Seed Mark
1 Danielle Nesbitt	Crossley	32.69m
2 Laura Scull	Governor Sim	30.36m
3 Alex Laxson	Waterdown	29.23m
4 Becky Shantz	Laura Secord	28.67m
5 Moriel Mesterman	Highland SS	28.62m
6 Carly Young	St. Francis	28.60m
7 Kate Book	St. Francis	27.27m
8 Kyle MacIntosh	St. Francis	27.00m
9 Alex Pelissero	Ridge-Cr HS	26.90m
10 Jessica Harbottle	Cayuga Ss-Ca	25.83m
11 Jessica Tarnawski	Ridge-Cr HS	25.73m
12 Brianne Winrow	St. Michael	25.61m
13 Keisha Dailey	Barton SS	24.76m
14 Michelle Zheng	Westdale	22.43m
15 Becky Mobach	Hamilton Dis	17.95m

Event 94 Men Javelin Throw Senior

Name	Year Team	Seed Mark
1 Tom Fisher	Crossley	46.10m
2 Nicholas Oreskovich	St. Paul HS	45.02m
3 Sean Fallon	Hamilton Dis	42.84m
4 Jon Greening	Barton SS	42.27m
5 Chris Short	Grimsby Dss	42.18m
6 Jordan Brouwer	Hamilton Dis	41.75m
7 David Griem	Ridge-Cr HS	41.69m
8 Corey Daniels	Cayuga Ss-Ca	41.26m
9 Jordon Emick	Highland SS	41.10m
10 Christian Berketo	Ridge-Cr HS	40.56m
11 Sean Martins	Laura Secord	40.32m
12 Sobonnie Muon	Laura Secord	40.20m
13 Bob VanderZalm	St. Francis	40.00m

14	Andrew Ferguson	Governor Sim	38.86m
15	Brian Bailey	Sir Winston	34.91m

Event 95 Women 4x100 Meter Relay Senior

Team		Seed
1	Sir John A. MacDonald S S 'A'	52.00
	1) Alexandra Biggs	2) Esther Adjekum
	3) Lydia Steele	4) Tamar Brereton
2	Westmount S S 'A'	52.38
	1) Alisha Witter	2) Lauren Aquilina
	3) Stacy Drohomysky	4) Danielle Rastovac
3	St. Francis S S 'A'	53.52
	1) Natasha Bonk	2) Trisha Howard
	3) Jennifer Howard	4) Elizabeth King
4	Beamsville D S S 'A'	54.19
	1) Renata Tracey	2) Lauren Orosz
	3) Bryanna Kelly	4) Megan Purdy
5	Ancaster High 'A'	55.00
	1) Laurel Patterson	2) Lisa Baker
	3) Katie Shelley	4) Krissie Sullivan
6	Notre Dame College 'A'	55.54
7	Ridgeway-Crystal Beach 'A'	56.05
8	E. L. Crossley S S 'A'	56.77
	1) Alexa Fraser	2) Stephanie Best
	3) Kelli Romanin	4) Janine Wassenaar
9	Laura Secord S S 'A'	57.05
	1) Kayla Tuckwell	2) Leigh Veerman
	3) Ilyse Norton	4) Bailee Buckmaster
10	Grimsby D S S 'A'	57.87
11	Guido De Bres C H S 'A'	58.00
	1) Rachel Gritter	2) Ashley Schutten
	3) Kara Burns	4) Kira Lodder
12	Highland S S 'A'	58.72
13	Cayuga S S 'A'	59.43
	1) Lise Kiefer	2) Jessica Harbottle
	3) Tasha Moerman	4) Lisa Klunder
14	A.N. Myer S S 'A'	1:01.01
	1) Lauren Miller	2) Carleigh Maxwell
	3) Aly Stewart	4) Victoria Smith

Event 96 Men 4x100 Meter Relay Senior

Team		Seed
1	Sir Winston Churchill S S 'A'	45.47
2	St. Francis S S 'A'	45.87
	1) Gianmarco Raimondo	2) Jeff Amadio
	3) Tanner Goode	4) Andrew Myer
3	Waterdown D H S 'A'	46.05
	1) Dave Feere	2) Jordan Baronet
	3) Clayton Weyrauch	4) Eric Webb
4	Ridgeway-Crystal Beach 'A'	46.35
5	E. L. Crossley S S 'A'	46.74
	1) Max Csikos	2) Everett Bokma
	3) Jeff Kranyak	4) Andrew Flagg

6	Westlane S S 'A'	46.85
7	St. Michael H S 'A'	47.49
	1) James Savoie	2) Travis Clouden
	3) Sebastian Howard	4) Jedd Gardner
8	Sir Winston Churchill 'A'	47.59
	1) Braden Nielson	2) David Howie
	3) Spencer Fredson	4) Bryan Naylor
9	Notre Dame College 'A'	47.68
10	Beamsville D S S 'A'	47.81
	1) Ryan Phipps	2) Ryan Dalley
	3) Cliff Miller	4) Blaine Stevenson
11	Laura Secord S S 'A'	47.85
	1) Townsend Benard	2) Jordan Glancie
	3) Bryan Rose	4) Jabari Selman
12	Sir Allan MacNab S S 'A'	48.64
	1) Cameron Gonci	2) Ben Haizel
	3) Dujon Williams	4) Nick Sydor
13	Grimsby D S S 'A'	48.70
14	Hamilton District C H S 'A'	49.93
	1) Sean Fallon	2) Travis VanRootselaar
	3) Nathan DeHaan	4) Jordan Brouwer
15	Highland S S 'A'	51.13

Event 97 Women 1500 Meter Steeplechase Open

Name	Year Team	Seed
1 Kelsie Slater	Grimsby Dss	5:27.39
2 Alanah Drake	Grimsby Dss	5:39.41
3 Amanda McMurtrie	South Lincol	5:43.13
4 Robyn Mildren	Highland SS	5:51.70
5 Sarah Boright	Governor Sim	6:07.69
6 Jelena Marjanovic	Highland SS	6:18.21
7 Lisa Baker	Ancaster Hig	6:44.74
8 Alicia Beynon	South Lincol	6:52.51
9 Aimee Belanger	Waterdown	7:35.87
10 Kristen Johnson	Crossley	12:00.00
11 Megan Sunners	Ridge-Cr HS	12:00.00

Event 98 Men 2000 Meter Steeplechase Open

Name	Year Team	Seed
1 Ahmed Khalif	MacDonald, S	6:39.47
2 Nathaniel Hayward	Highland SS	6:44.39
3 Ryan Thomas	Grimsby Dss	6:47.25
4 Mike Kit	Churchill, S	7:01.87
5 Elliott Dumitru	Westmount	7:17.20
6 Kallahan Park	Grimsby Dss	7:31.32
7 Jason DeBoer	Guido De Bre	7:40.30
8 Andrew Hutton	Highland SS	7:51.67
9 Mike Mackett	St. Francis	8:00.66
10 Paul Woods	St. Francis	8:10.48
11 Nick Janssen	Crossley	15:00.00
12 Michael McRae	St. Paul HS	15:00.00
13 Ian Visser	Crossley	15:00.00
14 Corey Gillies	Myer, A.N.	15:00.00

Event 99 Women 4x400 Meter Relay Open

Team		Seed
1	Grimsby D S S 'A'	4:18.91
2	Westmount S S 'A'	4:20.21
	1) Alisha Witter	2) Lauren Aquilina
	3) Erica Rasmussen	4) Danielle Rastovac
3	Highland S S 'A'	4:20.64
	1) Hannah Pate	2) Emily Shing
	3) Jessie Sawyers	4) Lauren Bentham
4	Governor Simcoe S S 'A'	4:24.25
	1) Alex Giles	2) Emily Hughes
	3) Alison Boyd	4) Katie Beaucock
5	South Lincoln H S 'A'	4:31.54
6	E. L. Crossley S S 'A'	4:43.08
	1) Alexa Fraser	2) Halee Lymburner
	3) Paige Garvey	4) Bronte Fudge
7	Ancaster High 'A'	4:43.08
	1) Shelby Letkemann	2) Emily Davidson
	3) Colleen Wilson	4) Laurel Patterson
8	Laura Secord S S 'A'	4:46.15
	1) Joan Mc Carthy	2) Ashleigh Friesen
	3) Leigh Veerman	4) Hilary van Gelder
9	Ridgeway-Crystal Beach 'A'	4:56.91
10	Hamilton District C H S 'A'	5:32.49
	1) Lydia Alblas	2) Karin Kranenberg
	3) Julie DeJong	4) Lindsay Noordam

Event 100 Men 4x400 Meter Relay Open

Team		Seed
1	Sir Winston Churchill S S 'A'	3:33.95
2	Highland S S 'A'	3:38.52
	1) Kevin Shaver	2) Nathaniel Hayward
	3) Raffi Schulman	4) James Gould
3	E. L. Crossley S S 'A'	3:41.68
	1) Matt Wakulich	2) Troy Oliver
	3) Andrew Flagg	4) Max Csikos
4	Grimsby D S S 'A'	3:44.23
5	Waterdown D H S 'A'	3:47.53
	1) Jordan Baronet	2) Dave Feere
	3) Josh Patterson	4) Clayton Weyrauch
6	Ridgeway-Crystal Beach 'A'	3:49.29
7	Hamilton District C H S 'A'	3:51.84
	1) Jordan Brouwer	2) Sean Fallon
	3) Dave Rauwerda	4) James Noordam
8	Sir John A. MacDonald S S 'A'	3:53.88
	1) Damion Vassell	2) Derrell Ellis
	3) Alistair Moona	4) Ahmed Khalif
9	Beamsville D S S 'A'	3:53.89
	1) Ryan Phipps	2) Ryan Dalley
	3) Blaine Stevenson	4) Cliff Miller
10	Centennial S S 'A'	3:57.31
	1) Kacey Allison	2) Zachary Hargraves

	3) Cody Wilson	4) Ben Merritt	
11	Laura Secord S S 'A'		3:57.36
	1) Jordan Glancie	2) Taylor Simpson	
	3) Bryan Rose	4) Keith Kyer	
12	A.N. Myer S S 'A'		3:57.86
	1) George Dunn	2) Nathan Cheney	
	3) Corey Gillies	4) Ryan Maiden	
13	Westdale S S 'A'		3:59.55
	1) Lynden Hachey	2) Sam Rashid	
	3) Tristan Rock	4)	
14	St. Paul H S 'A'		4:02.21
15	Denis Morris H S 'A'		4:05.13